



HEALTHQUEST

FITNESS CLUB

Martial Arts

Please contact the Martial Arts Department at martialarts@hqfit.com or 908.782.4009 x238 with any questions
 All classes held in the Martial Arts Studio unless otherwise specified.

as of 1/3/2023

Ages 5 - 6 Little Tigers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:15pm Taekwon-Do Little Tigers		4:30-5:15pm Taekwon-Do Little Tigers			10:00-10:45am Taekwon-Do Little Tigers	

Ages 7 - 12 KIDS classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00pm Taekwon-Do White/Sr White	5:00-5:45pm Taekwon-Do White/Sr White	5:15-6:00pm Taekwon-Do White/Sr White	4:30-5:15pm Taekwon-Do White/Sr White		10:45-11:30am Taekwon-Do White/Sr White	
6:00-6:45pm Taekwon-Do Yellow/Sr Yellow		6:00-6:45pm Taekwon-Do Yellow/Sr Yellow	5:15-6:00p Taekwon-Do Yellow to Sr Blue		11:30am-12:15pm Taekwon-Do Yellow to Sr Blue	
6:45-7:30pm Taekwon-Do Green to Sr Blue	6:45pm-7:30pm Aikido (Ages 8-13)	6:45-7:30pm Taekwon-Do Green to Sr Blue				

Ages 13 up ADULT classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00-11:30am Tai Chi (Dance 5)		10:00-11:30am Tai Chi (Dance 5)		7:30-8:30am Brazilian Jiu-Jitsu	8:30-9:30am Brazilian Jiu-Jitsu
	11:30am-12:00pm Tai Chi-Weapons (Dance 5)		11:30am-12:00pm Tai Chi-Weapons (Dance 5)		8:30-9:30am Aikido	
					9:30-10:00am Aikido Open Mat	
6:30-7:30pm Taekwon-Do Red to Black Belt	5:45-6:45pm Taekwon-Do All Belts		6:00-6:45pm Taekwon-Do Sparring		11:30am-12:30pm Taekwon-Do All Belts	
7:30-8:30pm Aikido	6:45pm-7:30pm Aikido Kids (Ages 8-13)		6:30-7:30pm Taekwon-Do All Belts			
8:30-9:00pm Aikido Open Mat			7:30-8:30pm Aikido			
			8:30-9:00pm Aikido Open Mat			

Fall 2022-2023 Calendar

Although Martial Arts classes run year-round we do follow the Youth Holiday schedule

Mon Sept 12th	Fall Session Starts	Fri Dec 23rd	No Class after 12 Noon
Mon Oct 31st	No Class after 12:00 noon	February 17-20th	No classes Presidents weekend
Wed Nov 23rd	No Class after 12:00 noon	Apr 7-15th	No classes Spring Break
Thanksgiving	No Class Nov 24-26th	May 27-29th	No classes Memorial weekend